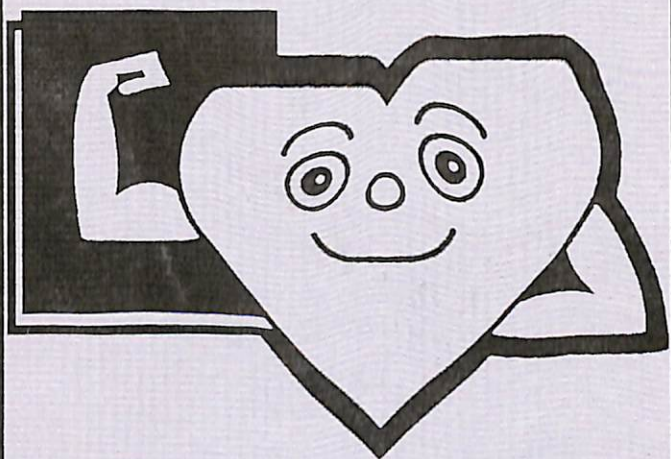


# WELLNESS CENTER



**DODGE CITY COMMUNITY COLLEGE**



## What is Wellness?

Wellness is a very special kind of lifestyle. It is a lifestyle that you consciously shape for yourself to reach your potential for wellness and health. It offers the opportunity to focus on the joys of living life to its fullest.

Exercise is one of the avenues to wellness. The DCCC Wellness Center is based on the above principle and gives one an opportunity to participate in structured exercise.

### Five Major Aspects of Wellness



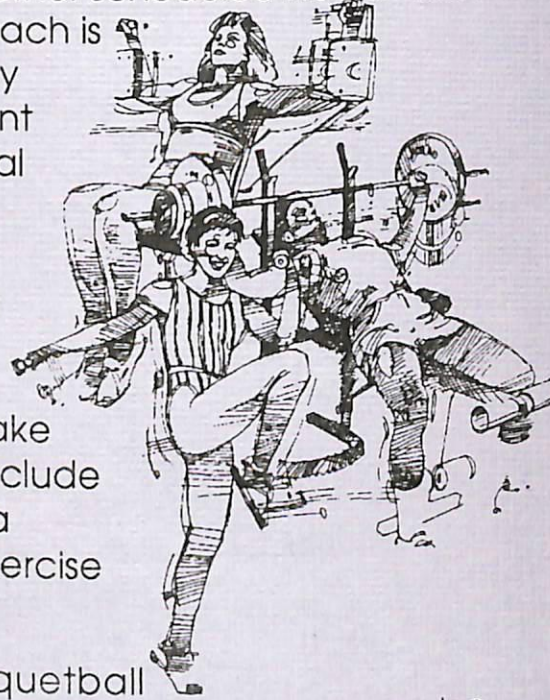
# Dodge City Community College Wellness Center

The DCCC Wellness Center offers a wide range of exercise equipment including bikes and an aerobic circuit workout. A technician is always available for individual exercise prescription.

A free weight room is available to Wellness Center clients two nights a week and other scheduled hours. The strength coach is available by appointment for individual instruction.

Indoor and outdoor walking facilities make it easy to include walking in a person's exercise program.

Three racquetball courts are available. These can also be set up for wallyball.



## Exercise: What it can do for you.

- Healthy appearance
- Good posture and alignment
- Easy, fluid movement
- Stronger joints
- Firmer muscles
- An efficient cardiovascular and respiratory system
- Lowered risk of cardiovascular disease and stroke
- A decrease in body weight and/or body fat
- Controlled appetite
- Better digestion
- A decreased susceptibility to injury
- Fewer aches and pains
- Improved mental awareness, self-esteem, and self-confidence
- Better handling of stress
- Improved ability to relax
- More restful sleep
- More energy and vitality
- **An increased ability to enjoy life!**



# Wellness Center Hours

## Wellness Center

Monday-Friday ..... 7:00 a.m. - 8:00 p.m.

Saturday ..... 8:00 a.m. - 1:00 p.m.

Sunday ..... 4:00 p.m. - 7:00 p.m.

## Indoor Track

Monday-Friday ..... 6:00 a.m. - 1:00 p.m.

5:00 p.m. - 6:30 p.m.

Saturday ..... 6:00 a.m. - 1:00 p.m.

## Weight Room

Monday ..... 7:00 p.m. - 9:00 p.m.

Thursday ..... 7:00 p.m. - 9:00 p.m.

Other hours will be posted.

## Racquetball Courts

Monday-Saturday 7:00 a.m. - 8:00 p.m.

Sunday ..... 1:00 p.m. - 7:00 p.m.

For more information write or call:

DCCC Wellness Center

2501 North 14th Avenue

Dodge City, Kansas 67801

316-227-9340

### Assessments Available

Individual exercise  
prescriptions

Body fat percentage

Diet analysis

Lung capacity

Flexibility testing

Strength testing

Behavioral  
assessment

Health history